

# Power of Perception

a foundation for life

Empower yourself into your future

Walk through the Power of Perception with us...

Our 15 day free program.





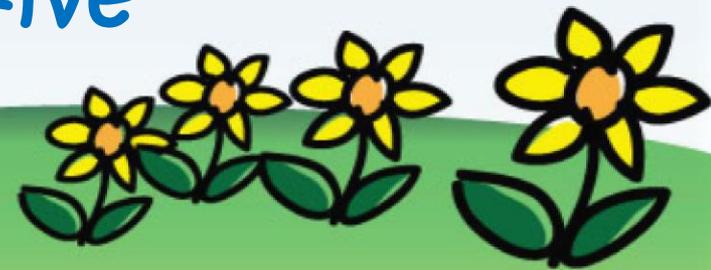
Welcome to



# Power of Perception

a foundation for life

DAY one to five



# Day ONE:

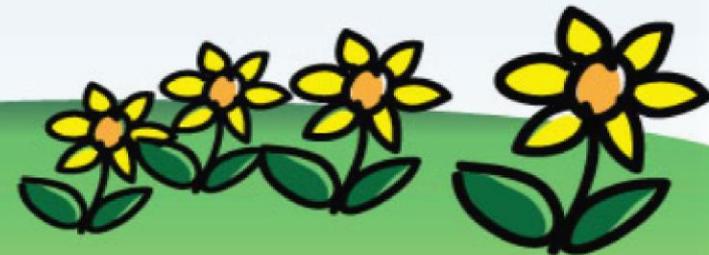
## The Senses

What are the Senses? And what do your senses tell you about you?

- \*Sight
- \*Sound
- \*Taste
- \*Smell
- \*Touch

Here we would like to introduce you to your senses.

We are not referring to how they allow for us to smell things and to see objects, but the role they play in defining who you are and how they create your awareness of your own world.



Self awareness, is what makes our world go around, let's do this.

Cover your eyes, what do you see?

Close ears, what do you hear?

Sweet or savoury, which do you like?

Good smells, bad smells, which do you prefer?

Touch your clothes, your hair, your arms or face, what do you feel?

Ask your friend or a family member to do this too, see how each differ from you, this will help you understand how different we all are, when it comes to the very basics.

Now take a look at this:

Self Awareness = what our senses tell us about ourselves

Self Awareness = our sensitivity (perception)

Understanding Sensitivity (perception) = understand oneself

Understand Oneself = respect (value) oneself

Respect (value) Oneself = respect (value) others



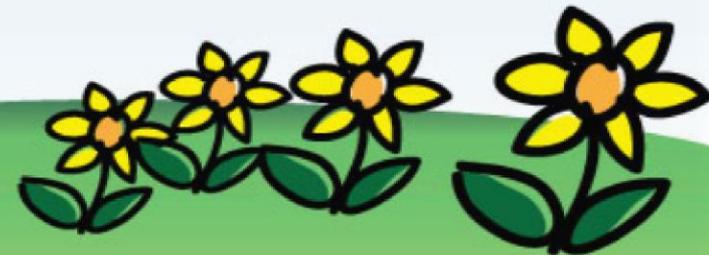
Therefore would it be fair to say - the root of our behaviour or of our performance equals the respect or value of oneself and others?

Would it also be fair to say that each and every one of us lives by what our own SENSES “tell” us about our world; based on this, could one ask “How can we not automatically tolerate others and ourselves and live in peace? We are all living our lives the best we know how, based on a perception that only one person (you) can see?”

A Foundation for Life, teaches the very base of our being, our sensitivity. This sensitivity has the power to create your world however you choose to view it.

**Write a short paragraph expressing your view of “Sensitivity” and what your senses tell you about yourself.**

Please remember throughout this entire program - there is no right or wrong - as one’s own sensitivity is simply perfect according to the world you live within. ☀️



## Day TWO :

If I could explain the art of understanding yourself and your sensitivity in such a way that you will be able to feel tolerance and peace in your life, would you be interested?

This walk-through program is not intended to give you anything other than more information to add to your own ideas of life.

It is not based on anything other than the findings and understandings that keep me getting out of bed every day.

No one will ever have all of the answers; you need to find your own peace.

If this program helps in any way, that brings me joy and confirmation of my findings. Being able to add even a word into another person's life is a blessing.

We all have these skills. We do it without even realising.

We should strive to understand ourselves and the effects we have on others.



In turn we will learn how to create and maintain a progressive understanding of life and to improve basic communications between each other.

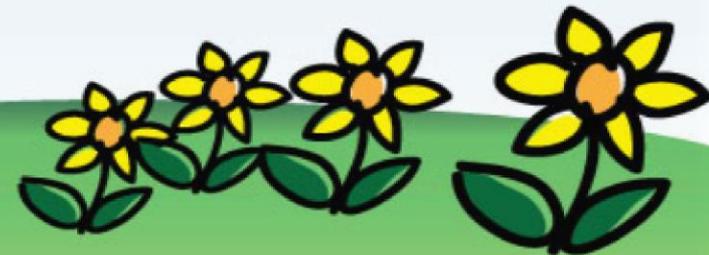
So let us see if what I have to share can generate and develop any of those feelings and thoughts for you.

It all starts off with understanding the basics of the human mind and body and their vulnerabilities.

Like others, I have been through years of searching to come across various mysteries and ways of viewing life.

There are hundreds of philosophies with all their reasons for being, all trying to understand life: before, during and after. The more there are, the more confusing the picture of life seems to become.

The same seems to be happening with general day-to-day life: different concepts, different rights and different wrongs.



A lot of the time we tend to be bombarded by so much that we feel there is nowhere to turn.

We go within ourselves with all these mixed emotions that can cause us to feel stifled.

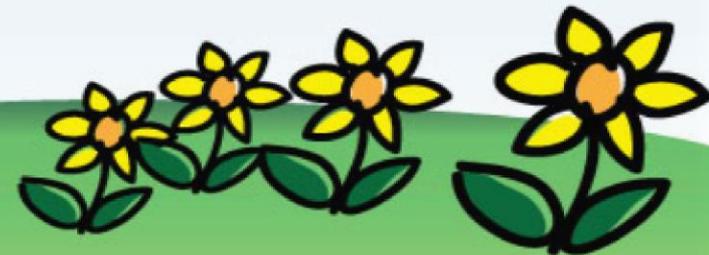
We then tend to get fed up and possibly even give up.

Most hold to the knowledge they have gathered and use it, whether it be constructive or destructive, to guide them and defend them from the day-to-day aspects of life.

With such activity happening all around, confusions, distrust and conflict start accumulating, which in turn causes defence barriers, hang-ups, addictions and ultimately loneliness.

In due course, expectations develop.

Every day people expect something of themselves, which in turn causes expectations of others and visa versa.



It becomes a vicious circle.

You probably think you take no notice of other people's expectations.

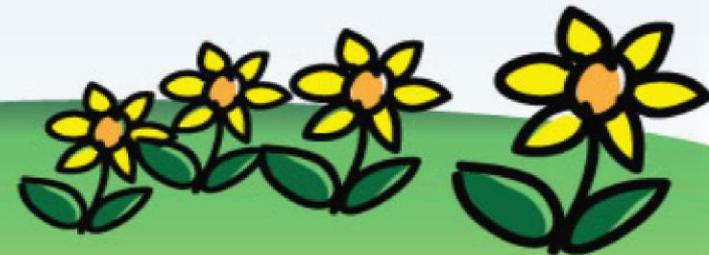
You will be amazed, what goes on in our minds that we are not even aware of. Even something as basic as clothes can cause an amount of turmoil.

The pressures of your own expectations are more than often the worst of them all!

We are influenced by others, by ourselves and by our environment.

Most of us spend our lives running around being busy socially and professionally; completely unaware of the inner and outer effects it has on our bodies and minds.

Have you ever stopped and seen how bizarre we all look? What are we doing? All the people! It all looks and is quite exhausting, when looked at as a whole.



It is no wonder people are feeling lost and alone and screaming for attention, physically and emotionally.

Can you imagine slowing down and absorbing You?

Not everything around you and not your ego or selfish side, but You!

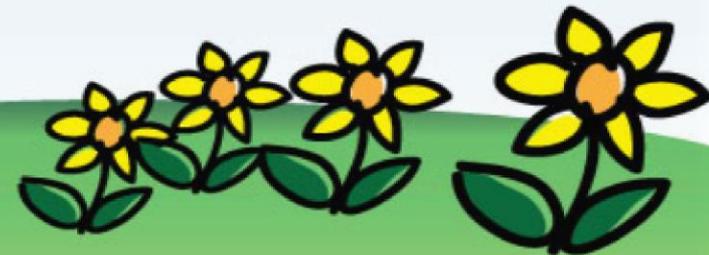
Your core, your blue-print! YOU!

Imagine waking every morning and thanking you.

And knowing that once you truly appreciate yourself and understand your expectations and your sensitivity, then life and its surrounding will do just the same.

So before we try to understand anything else, let's put all attention on **You**.

**Write down five expectations that you know someone or yourself has for you.** ☀️



## Day THREE :

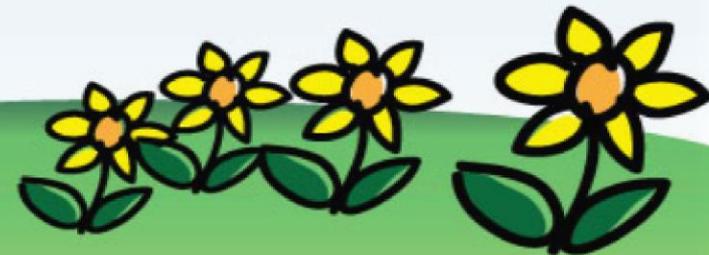
Let's start at a more realistic beginning; find our own understanding and eventually SELF-LOVE.

Somehow understanding our own internal world sounds a little less demanding than understanding life.

Before continuing, I would like to take this opportunity to thank all that has contributed to my progress and my understanding. Every experience has been a blessing, even if it was not seen at the time. I am extremely thankful for all the knowledge and understanding that has been passed on to me.

You will, as I have, and still do, start a process of understanding.

You will feel the desire to express your discovery; which within each event gives you strength, courage and confirmation of your continued growth in your world of understanding.



Your expressing could even be to a bird sitting outside your window: something or someone that you can share your adventure with.

Whatever the day is, "good" or "bad", remember always that you are not alone, because every single person on this earth, no matter who they are, is looking for the same thing as **You** and that is simply to be loved and understood.

If you can keep that as your bigger picture in your mind, you will find it easier not to be sucked into the darker, lonelier side of your own world.

People need people, although the majority of people deny this. We are all in this experience together.

To make it easier, keeping life at its basics will bring a brighter future to anyone's life.

There are thousands of emotional escape routes out there. We all have them, large or small.

They have been developed over years of the same hurt and misunderstanding.



People need people. Let us draw a better and brighter picture to bring this lonely state of being back to where it first was intended to be.

Let us open those deep lines of communication and create a security within us and our world around.

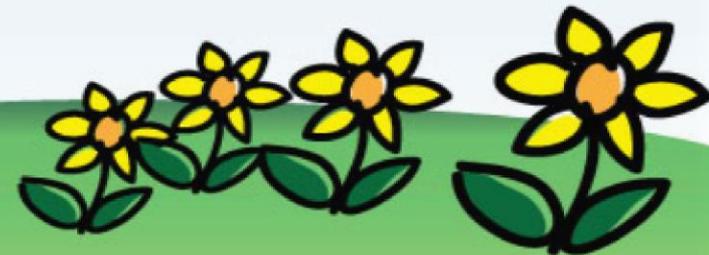
Provide strength for ourselves, to ensure a more fulfilling and lighter way of being.

Let us begin with the physical body.

The most important basic rules of the body are quite simple. Keep yourself hydrated, nourished, flexible and always remember to breathe.

Other than that, what you decide to do with your body is entirely up to you. If you feel like eating a huge piece of chocolate cream cake, go ahead. Enjoy it.

One thing you should be cautious of is allowing yourself to feel guilty about eating it.



The guilt you feel is likely to cause you more grief than the food itself.

So relax and enjoy it. Allow your body to savour each morsel.

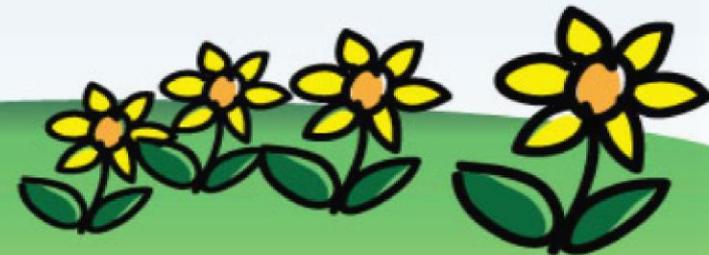
I am not implying you should go out and indulge in anything and everything.

The point here is that guilt, society and what our minds create can cause more harm.

The external pressures that are placed on us, with regards to things that we consume i.e. cigarettes, foodstuffs, etc. seem to have taken an entirely new role in our lives. (No offence intended)

Are we are being ruled by guilt and pressure caused by consumables? Do you think that was the initial reason for these items to be developed? Do we live to eat or eat to live? Which do you do?

It is human nature to explore and experiment. If someone tells me not to do something, I am bound to at least think about trying it out.



Humans have a wonderful gift and that is choice.

We have the choice to do whatever we wish.

Do you not wish that people would stop laying down laws about the simpler basic things in life?

So we can appreciate those simpler things more and not take them for granted, and to be able to do anything we wish, without having to worry that if we do too much of something we will be labelled accordingly.

Have we not realised the more we have been told not to do, the more we have done?

Know that you have a choice; for whatever you have chosen, however big or small. It is your choice. If there is a "habit" you wish to change, give yourself the option; "I have the choice to make the difference".



Take the pressure off yourself. Leave those expectations behind.

This applies to anything.

Take the pressure off yourself and you will find it a lot easier to restructure ways you do not want.

Keep your mind on your reason and watch the process.

Should your shift be a little more than you could want, ask for help. Do not feel shy or embarrassed.

Know that your life is a blessing and other people appreciate seekers looking for that difference.

**Write down what habits you would like to change and why.** ☀️



## Day FOUR:

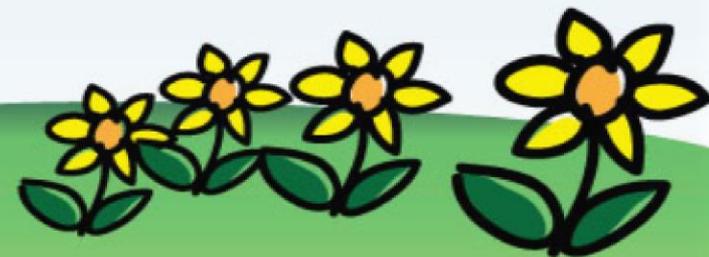
Here is a wonderful thing most of us have forgotten how to do. Breathe! You will be amazed how few people breathe correctly, or should I say to their full potential.

Put your hand on your solar plexus (where your ribs join your chest) and take a deep breath in through your nose (if you can), otherwise through your mouth.

Watch which part of your body expands. Your chest? Or your tummy? If it is your chest try this out.

In whatever position you are in now. Put your hand on your tummy and breathe into your hand. You are going to push your tummy out with your inward breath. Feel your tummy area move and expand.

That is how you get the full capacity of your lungs filled with air.



It takes a while to get used to it. It is a deeper, full extension of the lungs and diaphragm.

Singers are trained to breathe from their abdomen as it fills their lungs with an amazing amount of air.

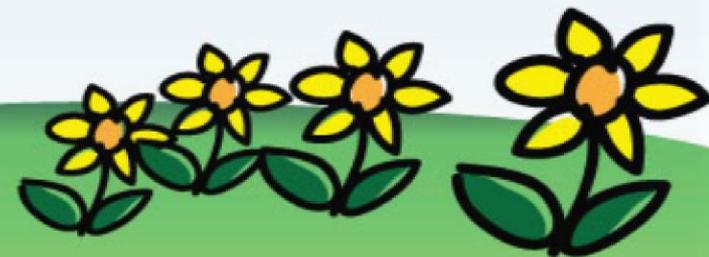
So try once more.

Breathe in really deeply through your nose, hand on your tummy and watch your abdomen expand.

Then breathe out through the mouth.

If you feel a little dizzy, do not be surprised. It could be a whole new experience for your body.

So when and if you remember, sitting in your car, watching television, try it again.



Your body definitely enjoys it and it could be something to think about.

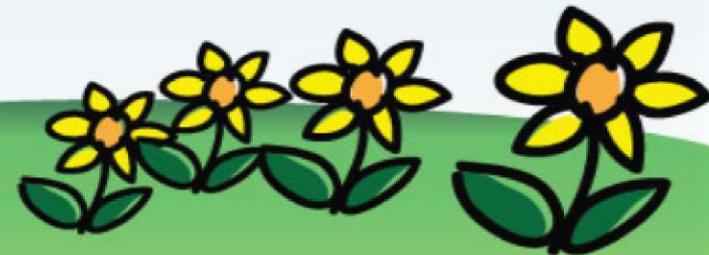
Breathing correctly. If you are feeling stressed or simply wanting to relax, try it again. It is for fun.

Try this whilst falling asleep and you will be asleep a lot faster than you had expected.

One little thing to add to that: When you breathe out again, through the mouth, imagine your shoulders and arms getting longer and longer. You might feel like a monkey with long arms, but the relief is well worth the thought.

Help someone else do this.

Try to re-train your breathing abilities, you will find that it has definite pros. And your body will adapt and start doing it automatically.



Whilst on the subject of the physical body, consider the following.

This is a well-covered topic and it does seem to fit in with the flow of understanding.

Hydration! Try and keep the body fluid.

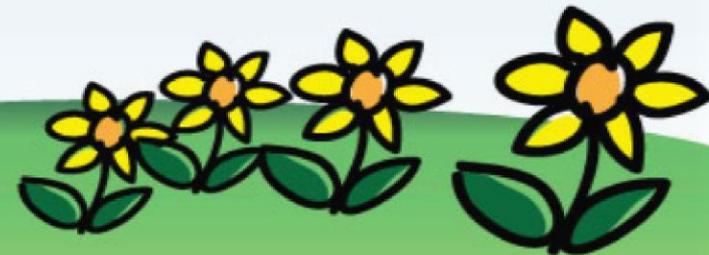
It would seem reasonable, in order for a body of water to function to its full capacity, to ensure that the body is kept in a hydrated state at all times.

Not over and not under.

Most of the "cold drinks or sodas" are made with substances the body does not absorb as water; therefore they cannot replace water. So unfortunately they do not count.

Yes, water to some is really tasteless. Yet I am sure if you were offered a reward to drink water you would.

Well, here is your reward, you!



Nutrition goes hand in hand with hydration.

The food we eat also plays a role in hydration, although its main role is to supply us with the energy we need to perform what we do from minute to minute.

Keeping in mind that not only does nutrition give us energy to walk and talk, but also to keep our internal functions working correctly and to their full capacities.

Take into account how much you do in a day and what amount of food/energy you will burn up.

From there maintain what your intake should be.



A thought about body movement and that word "exercise".

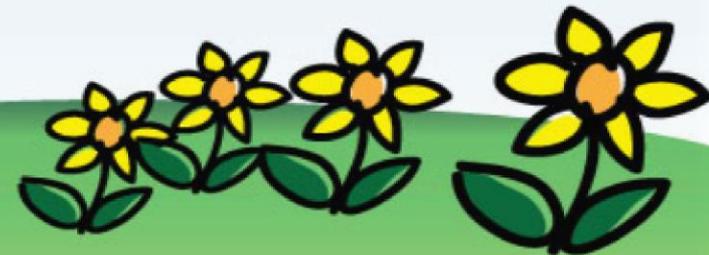
One of the worst feelings has got to be trying to get motivated to get moving.

Not only your daily routine, but especially with your exercise plan! Even the word sounds exhausting. Someone needs to reinvent the word to make it sound lighter and more like fun.

But yes, the drill is about to come. We would not be born with arms and legs if we were not supposed to move!

Movement of the blood and energy keeps your body alive and energised.

If you don't have a plan, for whatever reason, try even just to stimulate your skin and muscles. Use a towel and give your back a good massage. Get the energy and blood moving.



Most exercise is to keep that motion flowing within the body.

Rub and massage your arms and legs.

Move and bend each joint.

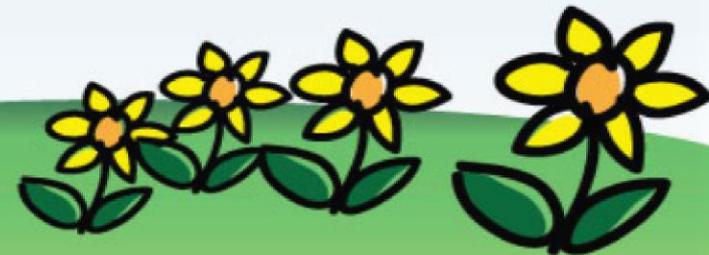
You will feel revitalised and refreshed, even if you do it once a month.

There is no rush; you will just feel better.

If you already feel good, you will feel even better. Just keep your body moving ...it is meant to move.

By the same token: remember that rest is needed as much as movement. Appreciate each one and use them both to the best of your abilities.

**Try the breathing exercise. What exercise do you do?** ☀️



## Day FIVE :

Understanding the true power of the human mind has been the fascination of many.

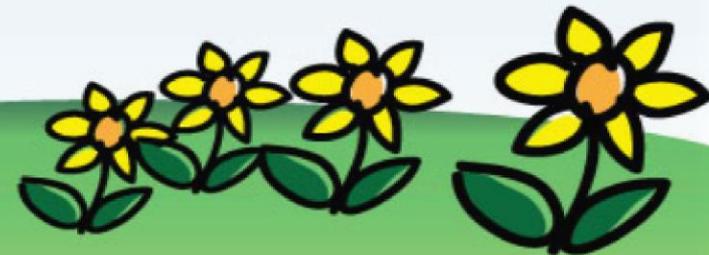
What I am going to do is give you the base that the mind works from.

In turn this will ease your vulnerabilities and give you that further understanding of our sensitivity.

The mind listens literally, which means the mind believes something whether it is true or untrue, real or imaginary.

It cannot tell the difference. The only way we know the difference is through what we know as our senses.

Touch, smell, sight and sound. If it were not for these physical features we would believe everything is real. Imaginary or not.



We can read a book and imagine the reality of it in our minds.

When we allow ourselves to get absorbed completely by the imagery, we will find that our physical body will begin to react as well.

The reason for explaining this is to give you an idea of how sensitive the mind is.

How vulnerable we are to the figurative, the abstract, the imaginative and the symbolic.

We seem to spend a large amount of time on the past too.

The past is definitely real. What has happened cannot be changed.

It can be readdressed and understood, but not changed.

When we are born, we are like sponges. We absorb. Everything and anything. Our minds begin to be filled with information that will build our conscience.



Before we get to be teenagers, we only take in information in a literal sense.

We have no concept of figurative.

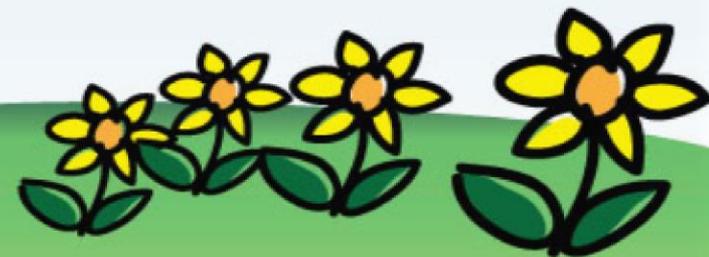
So when we are told your nose will grow when you lie, we tend to believe it.

This is a very important stage in the process of our growing minds and our understandings.

We start to build defence schemes in our minds to prevent rejection and hurt.

As children, we are completely dependent on our parents and our peers.

We need their support. If at any stage, even for a split moment, we do not feel like we have that support or attention, we automatically build alternative routes.



These routes become part of our day-to-day lives.

Each time a situation arises, the mind flashes back to the first time that feeling came into our being and then reacts accordingly.

The more times the feeling is triggered, the greater the reaction becomes.

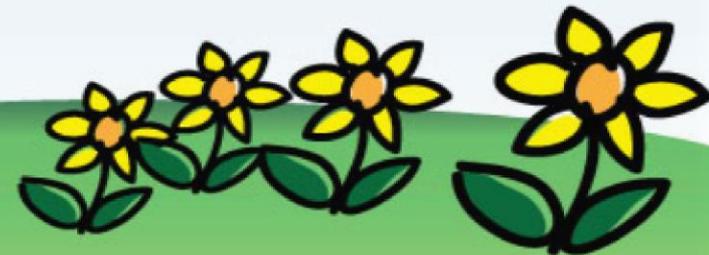
For an example: some of us are told as children: "you always do that". How often do you have to hear this, before you actually always do that?

These are some of those expectations. Some are negative and some positive.

This repetitive information leads to possible rebellion against others and ourselves.

These are the misunderstandings and miss communicated internal belief systems of ourselves that need to be re-understood.

They need to be released from our mind.



All the negative impressions we have of ourselves.

All the horrible thoughts and things we have been brought to believe.

Let them go! How does one do that? Surrender to them.

Realise you cannot change what has been said; in turn you can use it to create a new you. A confident and worthy person. One who has been shown the wrong route and now has chosen to go on the correct route.

The route that can only create internal and external tolerance and peace with an understanding of our sensitivity!

Know the past has put you where you are today. Know that the past has only created a stronger you.

Know that what has been said to you in the past has been said by people who felt the same as you did.



Know that they have their own reasons and beliefs and expectations.

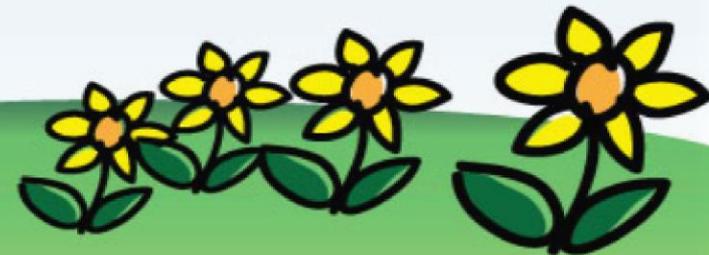
Know that they react according to them, not you.

Know that you cannot change them, but you can start to understand them as you are doing with yourself.

Know that whatever has been said in the past or shall be said in the future is not an attack on you.

Know that challenging someone's comment will only lead to further misunderstanding.

Stop: count to five before you react to a comment. React slowly and not defensively.



Know it is not you they are attacking.

Change the anger or hurt you feel to understanding.

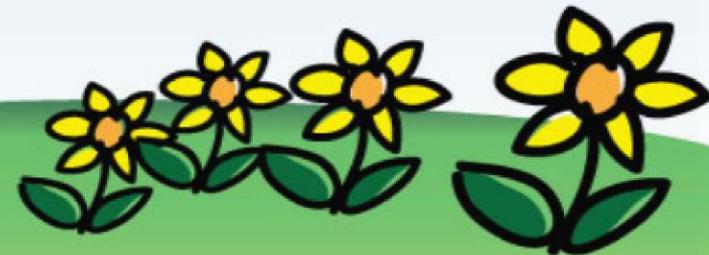
Understand their reasons.

Change any guilt to a feeling of knowing that you will not react the same way as you have in the past.

Know that you are striving for the same. To be loved and understood.

Show and spread the feeling.

Forgive them.



Forgive yourself for believing any misunderstanding.

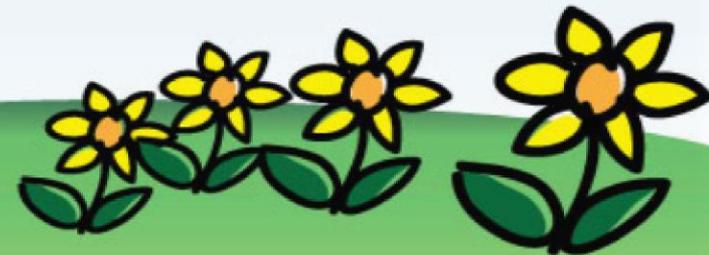
Move on.

Leave it in the past.

Know that you have grown.

Know that you are growing more and more into understanding, accepting and loving you.

**Write down some aspects of your past that you would like to readdress and understand.** ☀️



END OF DAY FIVE

